

ABC – Record of Incident

Time and Date _____

A = Antecedents

What was happening before? Set the scene.

Where was he/she? Who was he/she with? Was any demand or request made? Was anyone else around?

B = Behaviour

Describe the behavior as clearly as you can.

C = Consequences

What happened afterwards?

What did he/she do? What did you do? What did others do?

Look at the Behaviour Matrix (it's on the POLICY page of www.MyCareBudget.org)

Is this incident a C1, C2, C3, B1, B2, B3, A1, A2, A3?

Signature and Print Name _____

Reflection

Leave reflection for 24 hours. Consider whether or not the incident could have been prevented or handled better. Consider any triggers and what you think might have made a difference. Comments from others are welcome also. Initial against your comment.